



# McDonald's New Zealand

## Main Menu

### Allergen - Ingredients - Nutrition Information

#### Core & Beverage Menu

Information is correct as at April 2021.

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the country, and the season of the year. Further, product formulations may change periodically. We recommend you check this information on our website to ensure it is the most current.

#### Food Sensitivities and Preferences

Please refer to our Allergen Information for specific allergen details. This information is available on our website [www.mcdonalds.co.nz](http://www.mcdonalds.co.nz)

Select items sold in McCafe are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have no Halal certified restaurants and no ingredients or menu items are certified Halal.

#### Ingredient Information

Please refer to our Ingredient Information for our standard or core menu items. This information is available on our website [www.mcdonalds.co.nz](http://www.mcdonalds.co.nz)

If you would like further information or have concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

## Limited Time Offers

### 50 Pack Chicken McNuggets®

CHICKEN MCNUGGETS: Chicken, Water, Flour (**Wheat**, Maize), Canola oil, Thickener (1404), Salt, Raising Agents and Mineral Salts (450, 500, 451, 541, 341, 327), Spices (White Pepper, Black Pepper, Celery Seed), **Wheat** Starch.

Contains gluten.

CHICKEN MCNUGGETS are cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same vat as products containing egg, milk and soy.

	Avg Qty / Serve (6 pack)	Avg Qty / Pack	Avg Qty / 100g
Energy (kJ)	1020 kJ	8520 kJ	1140 kJ
Energy (Cal)	245 Cal	2040 Cal	272 Cal
Protein (g)	14	116	15.5
Fat, total (g)	14.9	125	16.6
Saturated Fat (g)	2.3	19.5	2.6
Carbohydrate (g)	13.4	112	14.9
Sugars (g)	0.4	3	0.4
Sodium (mg)	441	3680	490

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	T	T	T									

### Frozen Coke® Your Way - MFV

FROZEN COKE® YOUR WAY:

BLUEBERRY: Carbonated Water, Sugar, Colour (150d, 104, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

GRAPE: Carbonated Water, Sugar, Colour (150d, 104, 122, 133), Food Acids (330, 338), Flavours, Preservative (211),

LIME: Carbonated Water, Sugar, Colour (150d, 104, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

MANGO: Carbonated Water, Sugar, Colour (150d, 104, 110, 122), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

RASPBERRY: Carbonated Water, Sugar, Colour (150d, 104, 122), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

PINEAPPLE: Carbonated Water, Sugar, Colour (150d, 104, 110), Food Acids (330, 338), Flavours, Preservative (211), Caffeine. (104,110).

VANILLA: Carbonated Water, Sugar, Colour (150d, 104), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

Contains caffeine.

All FROZEN COKE® YOUR WAY flavours have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	411 kJ	117 kJ	575 kJ	117 kJ	774 kJ	117 kJ
Energy (Cal)	98 Cal	28 Cal	137 Cal	28 Cal	185 Cal	28 Cal
Protein (g)	0	0	0	0	0	0
Fat, total (g)	0	0	0	0	0	0
Saturated Fat (g)	0	0	0	0	0	0
Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sodium (mg)	7	2	10	2	14	2

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y

### Fruit Hot Cross Bun

HOT CROSS BUN: **Wheat** Flour, Water, Sultanas, Yeast, **Gluten**, Vegetable Oil (Palm, Antioxidant (319), Antifoam (900a)), Mixed Peel (Sugar, Lemon, Orange, Acidity Regulator (330), Preservative (202, 223)), Sugar, Iodised Salt, Mixed Spice, Improver (**Soy** Flour, Emulsifier (481, 472e), Anti-caking Agent (170), Antioxidant (300), Raising Agent (920), Enzymes), **Malt**, Cinnamon, Butter (**Cream**, Salt), Gelatine.

WHIPPED BUTTER: **Cream**, Water, Salt.

Contains gluten, milk and soy.

HOT CROSS BUN may contain TRACES of egg, sesame seeds, peanuts and tree nuts

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1170 kJ	1290 kJ
Energy (Cal)	281 Cal	309 Cal
Protein (g)	7.6	8.4
Fat, total (g)	7.6	8.3
Saturated Fat (g)	4.5	5.0
Carbohydrate (g)	42.7	47.1
Sugars (g)	14.3	15.8
Sodium (mg)	373	412

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	T	Y	Y		T	T	T			Y		

### Banana Caramel Pie

BANANA CARAMEL TWIN FILLED PIE: Water, **Wheat** Flour, Sugar, Modified Starch (1412, 1442 (Tapioca, Maize), 1422), Margarine (Vegetable Oils & Fats (Palm, **Soybean**), Water, Emulsifiers (471, 322 - **Soy**), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Banana Puree, Caramel (Glucose, Sweetened Condensed **Milk**, Water, Sugar, Palm Oil, Thickener (1442), Emulsifiers (471, 339, 322 - **Soy**), Natural Flavours, Acidity Regulators (331, 334), Gelling Agent (440), Salt, Preservative (202)), Custard Mix, Full Cream **Milk** Powder, **Whey** Powder (From **Milk**), Iodised Salt, Natural Flavours (Caramel, Butter (Contains **Milk**), Banana), Dextrose, Natural Colour (150c), Vegetable Gum (466), Baking Powder (Raising Agents (450, 500)), Yellow Gardenia Extract.

Contains gluten, milk, and soy.

BANANA CARAMEL TWIN PIES may contain TRACES of sulphites.

BANANA CARAMEL TWIN PIES are cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing egg and milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1070 kJ	1260 kJ
Energy (Cal)	256 Cal	301 Cal
Protein (g)	1.9	2.2
Fat, total (g)	12.2	1.4
Saturated Fat (g)	4.1	4.8
Carbohydrate (g)	33.6	39.5
Sugars (g)	12.4	14.6
Sodium (mg)	113	133

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	T	Y	Y					T		Y		

# Limited Time Offers

## Banana Caramel Pie McFlurry

SOFT SERVE: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Flavour.

BANANA CARAMEL TWIN FILLED PIE: Water, **Wheat** Flour, Sugar, Modified Starch (1412, 1442 (Tapioca, Maize), 1422), Margarine (Vegetable Oils & Fats (Palm, **Soybean**), Water, Emulsifiers (471, 322 - **Soy**), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Banana Puree, Caramel (Glucose, Sweetened Condensed **Milk**, Water, Sugar, Palm Oil, Thickener (1442), Emulsifiers (471, 339, 322 - **Soy**), Natural Flavours, Acidity Regulators (331, 334), Gelling Agent (440), Salt, Preservative (202)), Custard Mix, Full Cream **Milk** Powder, Whey Powder (From **Milk**), Iodised Salt, Natural Flavours (Caramel, Butter (Contains **Milk**), Banana), Dextrose, Natural Colour (150c), Vegetable Gum (466), Baking Powder (Raising Agents (450, 500)), Yellow Gardenia Extract.

CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed **Milk (Milk, Milk Powder, Sugar, Lactose)**, High Fructose Corn Syrup, Shortening (Palm Oil, Antioxidant (307)), Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.

Contains gluten, milk, soy and sulphites.

SUNDAE MIX contains sulphites.

BANANA CARAMEL TWIN FILLED PIE is cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing egg and milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2550 kJ	944 kJ
Energy (Cal)	609 Cal	226 Cal
Protein (g)	8.5	3.1
Fat, total (g)	20.1	7.4
Saturated Fat (g)	9.4	3.5
Carbohydrate (g)	96.1	35.6
Sugars (g)	56	20.7
Sodium (mg)	240	89

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
--------	------	------	-----	------------------	---------	-----------	--------------	-----------	-------	--------------	---------	---------

## Big Brekkie Chicken Burger

MCCHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300)).

HASH BROWN: Potatoes, Canola Oil, Dextrose (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

EGG: **Egg**.

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire (**Fish**), Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.

OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, milk, soy, fish, sesame seeds and egg.

HASH BROWNS may contain TRACES of sulphites.

HASH BROWN and MCCHICKEN PATTY are cooked in a McDonald's Vegetable Oil blend.

BACON may be cooked on the same equipment as egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3020 kJ	1020 kJ
Energy (Cal)	721 Cal	243 Cal
Protein (g)	35.1	11.8
Fat, total (g)	37.6	12.7
Saturated Fat (g)	10.4	3.5
Carbohydrate (g)	58.3	19.6
Sugars (g)	11	3.7
Sodium (mg)	1700	572

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y	Y			Y	T		Y	Y	Y